

Shibashi 18 postures

1. Lifting arms
2. Expand the chest
3. Wave to the rainbow
4. Separate the clouds
5. Rolling arms
6. Rowing a boat in the middle of a lake
7. Carry a ball to the corner
8. Gaze at the moon
9. Turn the waist, push to the corner
10. Cloud hands
11. Scoop the sea to the sky
12. Push and ride the wave
13. Wild dove spreads its wings
14. Punching in horse stance
15. Wild goose flying
16. Move like a turning wheel
17. Bounce a ball
18. Press palms in calmness

Produced by Vaughan Wood

Sponsored by Helen Kershaw

Background music, Sea of Tranquility by Phil Coulter

INSTRUCTIONAL Tai Chi Qi Gong with Keith Smoult



INSTRUCTIONAL

Tai Chi Qi Gong

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www.keithsmoult.com

TRANQUILITY WELLNESS CENTRE